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ВАЖНОСТЬ ЭКСПРЕССИИ УГЛЕВОДОВ У ФУТБОЛИСТОВ

Важность питания рассматривается для улучшения работы подростков-футболистов. Цель этой статьи — обзор значимости углеводов в футболе. Важность правильного питания для спортсменов и общественности хорошо известна, поэтому мы должны быть нацелены на дальнейший прогресс для футболистов. Учитывая потребности спортсменов в питании, исследователь и тренер могут улучшить свои результаты.

Ключевые слова: питание, футболисты, углеводы, подростки.

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THE EXPRESSION IMPORTANCE OF CARBOHYDRATES IN SOCCER PLAYERS

The importance of nutrition is considered for improving performances in adolescents soccer players. The purpose of this paper is overview of the significance of the carbohydrate in football. The importance of proper nutrition for athletes and the public is well recognized, so we should be dedicated to further progress for soccer players. Considering the nutritional needs of athletes, researcher and coach can create improvements in their performance.

Keyword: Nutrition, soccer players, carbohydrate, adolescents.

Introduction. Football is a game of strength, speed and skill; all of which can be affected by what, when and how much an athlete eats and drinks. Athletes need to apply the same effort to proper fueling as they give during practices and competition. Players sometimes neglect nutrition, which can result in poor performance [1]. Proper nutrition is extremely important for football players. Because football requires short bursts of energy, eating enough carbohydrates is critical. As an athlete, you are always looking for the edge over your opponent. Nutrition is that edge. It does not only impact strength, speed

and stamina, but recovery as well. You, as athletes, are responsible for taking control [2]. You must provide your body with optimal body fueling. A player who comes to practice without having eaten breakfast or lunch, or skimps on fluid intake during hot summer practices, is not going to reach his full potential — which ultimately affects the performance of the team as a whole.

What is the important of carbohydrate. Carbohydrate is an important fuel for exercise but the body can store enough to last for only one day of hard training. The player's everyday eating and drinking plan therefore needs to provide enough carbohydrate to fuel their training program and to optimize the recovery of muscle glycogen stores between workouts. General targets can be provided for carbohydrate needs, based on the player's size and the demands of their training program. Actual needs are specific to the individual, however, and must be fine-tuned to take account of the total energy needs and specific training goals. It is important to get feedback from performance in training and match play to assess whether there is a problem with fuel availability. An inadequate carbohydrate intake will lead to early fatigue [3, 2].

Targets for carbohydrate intake. It is important for athletes to maintain an optimum hydration status in order to prevent dehydration, and to support cardiovascular and thermoregulatory functions needed for optimum athletic performance. Dehydration can result in a decrease in aerobic performance, an increase in core body temperature and a reduction in the athletes' ability to tolerate heat produced during exercise, potentially compromising health and performance. The prevention of dehydration may be of greater significance in the younger players as adolescents are at a greater risk of suffering from heat illness as they produce a greater amount of metabolic heat compared to adults, mainly due to their greater surface area to body weight ratio and they cannot produce sweat as efficiently as adults. Children's core body temperature increases more rapidly during dehydration and they have a higher sweating threshold compared to adults [4] so. The following is considered to the suggest carbohydrate intake for soccer players:

1. Immediate recovery after exercise (0–4 hours): about 1 g per kg of the player's body weight per hour, consumed at frequent intervals.

2. Daily recovery from a moderate duration/low intensity training session: 5–7 g per kg BW per day

3. Recovery from moderate-heavy endurance training (such as pre-season) or fueling up for a match: 7–10 g per kg BW per day (FIFA SITE).

Strategies for choosing carbohydrate foods and drinks and optimizing recovery of glycogen stores. When the period between training sessions is less than

about 8 hours (as in pre-season for elite players), carbohydrate intake, in the form of solids or liquids, should start as soon as practicable after the first session to maximize the effective recovery time. There may be some advantages in meeting carbohydrate targets through a series of snacks during the early recovery phase [3].

Finally we should mention, Adequate nutrition is an essential prerequisite for effective improvement of athletic performance, conditioning, recovery from fatigue after exercise, and avoidance of injuries [5]. It is clear that, good nutrition helps to optimize energy production, control and efficiency for sport [6]. Some researcher have Believed that Players should therefore be encouraged to increase the carbohydrate content of their diet with a view to enhancing their muscle glycogen stores and consequently improving their playing performance [7]. Nevertheless, it should be borne in mind that the efficacy and safety of carbohydrate loading in children are not yet clear. Previous studies have reported the dietary practices and habits of elite soccer players, but limited information is available about the developing soccer player, young players or schools of soccer [8, 9] so we suggest to make greater precision and focus on the role of carbohydrate in the basic technical performance in young soccer players.

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